



Government
of South Australia
Department for Education

ON THE VINE

McLaren Flat Primary School



McLaren Flat Primary School Newsletter No. 15 27/9/2018

Ph: 8383 0143 Fax: 8383 0225
49 Main Road, McLaren Flat S.A. 5171
Website: www.mclflatps.sa.edu.au
Email: dl.0250_info@schools.sa.edu.au

Principal: Stuart Hage

Business Manager: Kerry Hooper
Governing Council Chairperson: Raechel Hann

Resilience

Responsibility

Pride

Respect

Honesty



IMPORTANT DIARY DATES



Friday 28th September	End Term 3
Monday 15 th October	Term 4 begins
Friday 26 th October	Sports Day
Monday 29 th October	7pm Gov Council Mtg
Wednesday 7 th November – Friday 9 th November	Narnu Farm Camp Rooms 6 & 11

**Last Day Term 3
2:10pm Dismissal**

From the Deputy Principal

Our singing superstars!

On Tuesday night, I was fortunate enough to see our amazing choir students, along with hundreds of other SA students, perform as part of the 2018 Festival of Music.

Debuting in 1891 as the Thousand Voice Choir, this annual event has been an integral part of South Australian life and stands as an official State Icon. The program reaches thousands of primary and secondary students annually and allows children opportunities to perform at prestigious venues, such as the Adelaide Festival Theatre. There are Festival Choirs in over 300 schools across South Australia, as well as orchestras and performance troupes.

This fabulous night is the culmination of many months of hard work for our choir students and their choir teachers. These students, under the guidance of Jimmy Marin and Michelle Byrne have dedicated themselves to

learning many songs while developing musical singing skills including posture, breathing, resonance, pitch, diction and rhythm. This year, the students involved also learned about the interesting buildings along North Terrace – so much history to be learned!

To participate in the Festival of Music is both an achievement and honour. I am sure that the parents, who joined our eight proud staff members, thoroughly enjoyed this amazing concert. Well done and THANK YOU to all involved.

It's holiday time!

We have noticed the spring smiles on both teachers' and students' faces as we approach the holiday break. Term 3 is often the term that appears to never end as we all endure the inclement weather and look forward to warmer days!

However, it will not be long before Term 4 begins. Some events to look forward to include:

- Flicks at the Flat
- Sports Day
- Whole-school Science Show
- Room 6 & 11 camp to Narnu Farm
- 'Count Us In' sing out to the community
- Book Fair
- Reception Transitions
- Year 7 to Year 8 Transitions
- Year 7 Graduation
- End Of Year Reports
- End of Year Picnic Performances

New Principal

As many of you are aware, Stuart Hage will be retiring from permanent employment in 2019.

We are pleased to inform you that a new Principal has been appointed to McLaren Flat Primary School from the start of the 2019 school year.

Mr. Josh Anderson – current Principal of Clarendon P.S. has been appointed and accepted the position.

We will be communicating with Josh about meeting our community and working closely with him to ensure a smooth transition.

Enjoy a healthy, safe and happy break!

Jo Bell ☺
Deputy Principal

Reader's Rap



On Monday 17th September 3 teams of children from Year 5, 6 and 7 competed in a competition called Reader's Rap which was held at Victor Harbor Primary school this year.

Their task was to read and study carefully:

- 2 novels – Yong by Janeen Brian and Gangsta Granny by David Walliams,
- a Picture Book – Meet Douglas Mawson by Mike Dumbleton and
- watch a movie – “Wonder”.

On the day they worked in teams of 3 and 4 to answer quiz questions about these titles. They also worked on table questions and literature quiz questions to win small prizes. Mike Dumbleton visited to talk about his book. They ordered their lunch from the canteen and met some children from five other schools who competed as well. We had a great day even if we didn't win this year.

Pastoral Care Worker

Last week at assembly I gave the students this riddle – “What is something that starts with **G** and having this can make you feel happier?”

The answers ranged from ‘grapes’ to ‘goodness’, but it wasn't long before someone guessed the answer – **gratitude**.

Gratitude is training your brain to notice and remember the good. It is being thankful for the things that make you smile, that feel good, that make your day a little brighter.

Life is full of ups and downs, twists and turns. When things are going well, it's easy to enjoy the ride. But events and things in life can happen that bring us down – triggering negative thoughts and emotions. Studies have shown that we are way more likely to dwell on these things than the positives. We overthink, we catastrophise and too often we can get stuck.

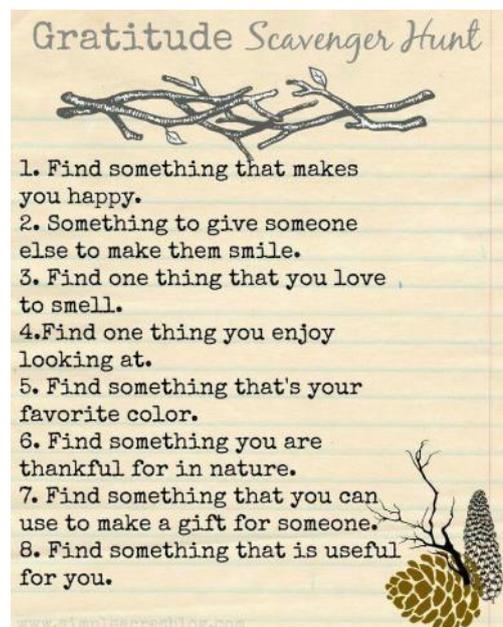
It is important to acknowledge that all feelings are okay and normal – whether it's happiness, excitement, sadness or disappointment. Feelings are helpful and real. But when we sit with the feelings we don't like for

too long or let them take over then it's really important to do something about it. To flip our emotions towards what's good and what's going well. The simple yet significant things in life that can help us get through the tough stuff. Like the smile from a friend (or a stranger), a hug from someone we love, cuddles with our pets, a hot chocolate before bed or an early morning coffee in peace, the sun shining!

It has been proven that gratitude can * help us cope better with stress * improve our sleep * make us kinder (to ourselves and others) * help us bounce back when things go wrong * help us get in less trouble at school * increase our motivation, energy and general health and more! Research has revealed that noticing and writing down 3 things daily that we are grateful for for 21 days can actually change the pathways in our brain to **notice the good, learn better and feel happier!** The more practice we give our minds, the easier it gets!

Mental Health Week is an event which occurs in October to help us learn, think and do something about mental health. Mental health is just as important as physical health and the two go hand in hand. When we look after ourselves physically and mentally, our overall wellbeing is given a boost. So, in Week 1 of Term 4 we are going to focus on gratitude as a way of boosting our mental health and wellbeing! There will be a few activities going on such as keeping a gratitude journal, making a gratitude tree and painting rocks. I encourage you to talk about this at home and maybe do something similar. A family gratitude jar, dinner time discussions or the scavenger hunt below (shared with me by a parent of MFPS) are great ideas!

Thanks to another parent of McLaren Flat, I now have a new app on my phone titled ‘*Grateful: A Gratitude Journal.*’ This is an awesome way to record your reflections and things you're looking forward to. And boy, I'm looking forward to holidays!! ;)



Have a great break. Stay safe. I'm truly grateful to be a part of McLaren Flat PS!

Karen Prenzler
Pastoral Care Worker

Sports Day



Sports Day is scheduled for Friday 26th October. This is an all-day event and will kick off at 9.00am. We encourage as many parents/carers/grandparents to join us for the day. The fundraising committee will be organising a BBQ lunch (students' will be pre-ordered) and hot and cold drinks will be available throughout the day. Please support your child/ren to be in house colours, SunSmart clothing allowing for active participation in all activities.

Congratulations to our Sports Day Captains for this year.

- Sturt** - **Kate W** and **Blake W**
Vice Captains: Jayden R, Phoebe A, Rylee T & Mischa McP
- Leslie** - **Elsie P** and **Alex**
Vice Captains: Lilly B-R and Billy S
- Elliott** - **Jessie O** and **Louie G**
Vice Captains: Riley S, Harley M and Anais S
- Wickham** - **Chloe H** and **Jayden H**
Vice Captains: Jorja H and Leon K

Cricket Clinic

On Friday 21st September SACA came out and ran a cricket clinic for all the classes in the school. The instructors were excellent and the students had a great time.



Community News

Cricket Season has Arrived!

McLaren District Cricket Club wish to notify existing and potential new members of the upcoming season.

- Trainings starts Wed 26th September onwards
- All trainings held at McLaren Vale Sporting Complex
- Under 10s, 12s, 14s train Weds from 5:00pm
- Under 16s train Thursdays from 4:30pm
- Senior Teams A,B & C grades train Thursdays from 5:00pm

Interested new coaches are welcome.
Contact Peter on 0413222736 for more information

FLICKS AT THE FLAT

Presents



THE SECRET LIFE OF

PETS

FREE
OUTDOOR MOVIE
MARKET STALLS
FAMILY ACTIVITIES
ENTERTAINMENT



20 OCTOBER 2018

2PM - 10PM

MCLAREN FLAT OVAL

Room 12

This term in Room 12 we have done a variety of things. We have had fun in the new Adventure play area.



We enjoyed the chickens hatching .



We went on an excursion to the National Motor Museum and look forward to our weekly "What's the Buzz?" lessons with Karen.